

WHAT IS CLAIMED IS:

1                   1.       A method for providing support to a person's lower torso, comprising:  
2                   providing a support pillow comprising an inflatable pillow body having an  
3 interior that is adapted to be filled with a fluid to inflate the pillow body, a top side, a bottom  
4 side, and at least one wall disposed in the interior and that connects the top side to the  
5 bottom side to facilitate flattening of the top and the bottom sides when the pillow body is  
6 inflated, and wherein the pillow body further comprises a medial region and first and second  
7 opposing arms extending from the medial region, wherein the arms have respective first and  
8 second end portions remote from the medial region, wherein the cantilever arms are curved  
9 about a vertical axis, and wherein the cantilever arms and medial region cooperate to define  
10 an open well;

11                   inflating the support pillow; and  
12                   separating the first and second ends relating to each other and placing the  
13 support pillow around the person's lower torso, with the first and second end portions of the  
14 arms being at the front of the person's torso, and with the medial region of the support pillow  
15 being adjacent the person's lower back, wherein the arms are biased around the person's  
16 torso sufficient to secure the support pillow to the person's torso and to hold the support  
17 pillow vertically positioned relative to the person's torso while the medial region is  
18 positioned against the person's lower back.

1                   2.       A method as in claim 1, further comprising sitting in an upright  
2 position with the support pillow around the torso.

1                   3.       A method as in claim 2, wherein the sitting step further comprises  
2 sitting in a chair.

1                   4.       A method as in claim 1, wherein the pillow body is constructed of a  
2 rubber or a vinyl material, and further comprising placing a fabric cover over the pillow body  
3 prior to placement about the torso.

1                   5.       A method as in claim 1, further comprising lying while the support  
2 pillow is around the torso.

1                   6.       A method for supporting an object in front of a person's torso, said  
2 method comprising:

3 providing a support pillow comprising an inflatable pillow body having an  
4 interior that is adapted to be filled with a fluid to inflate the pillow body, a top side, a bottom  
5 side, and at least one wall disposed in the interior and that connects the top side to the  
6 bottom side to facilitate flattening of the top and the bottom sides when the pillow body is  
7 inflated, and wherein the pillow body further comprises a medial region and first and second  
8 opposing arms extending from the medial region, wherein the arms have respective first and  
9 second end portions remote from the medial region, wherein the cantilever arms are curved  
10 about a vertical axis, and wherein the cantilever arms and medial region cooperate to define  
11 an open well;

12 inflating the support pillow;

13 distancing the first and second ends from each other and placing the support  
14 pillow around the person's torso, with the first and second end portions of the arms being at  
15 the back of the person's torso, and with the medial region of the support pillow being  
16 adjacent the front of the person's torso, wherein the arms are biased around the person's torso  
17 sufficient to secure the support pillow to the person's torso and to hold the support pillow  
18 vertically positioned relative to the person's torso; and

19 resting the object on the cantilever arms or the medial region while the arms  
20 are biased around the person's torso.

1 7. A method as in claim 6, wherein the person is sitting while resting the  
2 object on the arms.

1 8. A method as in claim 6, wherein the pillow body is constructed of a  
2 rubber or vinyl material, and further comprising placing a fabric cover over the pillow body  
3 prior to placement about the torso.

1 9. A method as in claim 6, wherein the object is the person's elbows that  
2 is rested on the medial region.

1 10. A method as in claim 6, wherein the object is the person's forearms  
2 that is rested on the medial region.

1 11. A method as in claim 6, further comprising breast feeding a baby while  
2 resting the person's elbows or forearms and the baby on the support pillow.

1                   12.     A method as in claim 6, wherein the placing step further comprises  
2 resting at least a portion of the support pillow on the person's thighs.

1                   13.     A support pillow, comprising:  
2                   an inflatable pillow body having an interior that is adapted to be filled with a  
3 fluid to inflate the pillow body, a top side, a bottom side, and at least one wall disposed in the  
4 interior and that connects the top side to the bottom side to facilitate flattening of the top and  
5 the bottom sides when the pillow body is inflated, and wherein the pillow body further  
6 comprises a medial region and first and second opposing arms extending from the medial  
7 region, wherein the arms have respective first and second end portions remote from the  
8 medial region, wherein the cantilever arms are curved about a vertical axis, and wherein the  
9 cantilever arms and medial region cooperate to define an open well.

1                   14.     A support pillow as in claim 13, wherein the pillow body is  
2 constructed of a material selected from a group consisting of rubber and vinyl.

1                   15.     A support pillow as in claim 13, further comprising a plurality of  
2 spaced apart walls that are disposed in the interior and that are coupled to the top side and the  
3 bottom side.

1                   16.     A support pillow as in claim 13, wherein the wall has a height in the  
2 range from about 2 inches to about 8 inches.

1                   17.     A support pillow as in claim 13, wherein the top and the bottom sides  
2 comprise separate pieces of material that are attached to each other.

1                   18.     A support pillow as in claim 13, further comprising an inflation port  
2 that is adapted to permit fluids to be introduced into and removed from the interior of the  
3 pillow body.

1                   19.     A support pillow as in claim 15, wherein the walls extend radially  
2 outward from the well.

1                   20.     A support pillow as in claim 19, wherein the walls are spaced apart by  
2 a distance in the range from about 3 inches to about 10 inches.

1                   21.     A support pillow as in claim 13, further comprising at least one  
2 passage between the pillow body and the wall to permit the fluid to flow around the wall.

1                   22.     A support pillow as in claim 13, further comprising a fabric cover  
2 disposed about the pillow body.

1                   23.     A method for making a support pillow, comprising:  
2                   providing a an inflatable pillow body having an interior that is adapted to be  
3 filled with a fluid to inflate the pillow body, a top side, and a bottom side, and wherein the  
4 pillow body further comprises a medial region and first and second opposing arms extending  
5 from the medial region, wherein the arms have respective first and second end portions  
6 remote from the medial region, wherein the cantilever arms are curved about a vertical axis,  
7 and wherein the cantilever arms and medial region cooperate to define an open well; and  
8                   inflating the pillow body.

1                   24.     A method as in claim 23, further comprising attaching at least one wall  
2 to the top and bottom sides and then attaching the top side to the bottom side, and wherein the  
3 wall facilitates flattening of the top and the bottom sides when the pillow body is inflated.

1                   25.     A method as in claim 23, further comprising placing a fabric cover  
2 about the pillow body.